

# DHEK BHAL'S OLDER MEN'S PROJECT

07/06/17 Games & Conversation  
Yoga - Rosa Beesley



14/06/17 Games and Conversation  
11am – 1pm – Community Rm, Tesco



21/06/17 Exercise and Conversation



28/6/17 11am – 1pm – Community Rm, Tesco



05/07/17 Eid Party  
Filming Project with Magda



12/07/17 Games and Conversation  
11am – 1pm – Community Rm, Tesco



19/07/17 AM: Exercise  
Oasis- Talking Therapies – Part 1



26/7/17 Conversation  
11am – 1pm – Community Rm, Tesco



Lunch : £2.50 Transport (for non-funded places): £2.00

Programme may be subject to change

Dhek Bhal Tel:- 0117 9146671/2

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## MENU June – July 2017

DATE	MENU
Wednesday 07/06/17	Vegetarian Biryani Potato Cutlets Chicken (70) and Vegetarian (30) Samosas Onion & Carrot Achaar Salad & Chutney Selection of cakes & fruits
Wednesday 21/06/17	Karela & Chicken Keema (mincemeat) Masoor & Mung Dhall Chapatti Salad & Chutney Fruit Chaat
Wednesday 05/07/17	Chicken Pilau Lamb & Potato Curry Channa Curry Pakora Salad & Chutney Vegetarian Samosa x 100 - <i>sponsored by Amir Ahamed</i> Mithai (sweetmeats) – <i>sponsored by Amir Ahamed</i>
Wednesday 19/07/17	Okra (ladies fingers) Green Dhall Chapatti Salad + Chutney Fresh Fruits

Lunch : £2.50 Transport (for non-funded places): £2.00

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